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Dr. Elizabeth Yetley, Ph.D.
F.D.A.
Office of Special Nutrition, HFS-450
200 "C" St., S.W.
Washington, DC 20204



Dear Dr. Yetley,

Please be advised that Jarrow Formulas, Inc. is marketing a product containing a "Structure and Function" statement on the label. According to the notification requirements set forth by the DSHEA (Dietary Supplement Health and Education Act, 1994) legislation, please be advised of the following:

Name of Product: TMG CrystalsTM

Active Ingredient(s): Anhydrous Betaine (Trimethylglycine)

Claim(s): "Reduces Homocysteine to Methionine" - Methyl donors, such as TMG and Folic Acid, are important components of a healthy diet. Methylation is inhibited by alcohol, smoking, poor dietary habits (excessive protein and fat) or inadequate diet. Impairment of methylation results in elevated levels of homocysteine, a toxic amino acid and a serious health risk. Homocysteine is reduced to methionine by enzymes that require Folic Acid, B12, B6 and methyl groups.

The following disclaimer appears on the label: This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,

Siddharth S. Shastri, B.A., C.C.N.

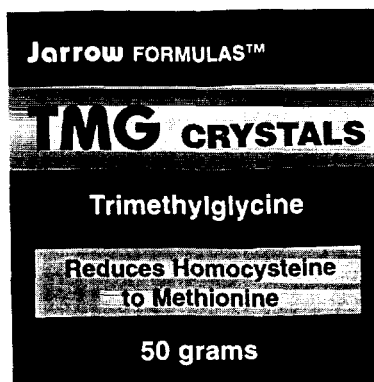
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USAGE: As a dietary supplement, take 1 scoop daily or as directed by your qualified health consultant.

TMG Crystals contain Trimethylglycine extracted from sugar beets, the best natural source. TMG, also called anhydrous betaine, contains methyl groups. Methyl donors, such as TMG and Folic Acid, are important components of a healthy diet. Methylation is inhibited by alcohol, smoking, poor dietary habits (excessive protein and fat) or inadequate diet. Impairment of methylation results in elevated levels of homocysteine, a toxic amino acid and a serious health risk. Homocysteine is reduced to methionine by enzymes that require Folic Acid, B12, B6 and methyl groups.

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One scoop of TMG Crystals contains:
Trimethylglycine (Anhydrous Betaine) 500 mg
1 tsp. contains the equivalent
of 5 scoops, or 2.5 grams.

Ingredients: TMG (also known as anhydrous betaine). Store in a cool, dry place.

Superior Nutrition and FormulationSM by
Jarrow FORMULAS, INCTM
Los Angeles, CA 90035-4317

PROD # 20005
Lot #. Best Used Before:



59000